

In the Claims

Claims 1 to 18 are pending in the application.

Claims 1 to 18 are rejected.

Explanation of Amendments in the Claims:

1. (presently amended)      An article of footwear comprising:
  - an outsole for engaging the ground;
  - an insole having an average durometer as measured on the Ashore hardness scale of at least 6; and
  - a shoe body supported on the outsole, including an internal foot bed comprising a space with an internal height arranged to receive both the insole and for receiving a foot of a person therein; and
  - an the insole having a depth which is at least 3/8 inch at a metatarsal region thereof and being received in the internal foot bed so as to be arranged for supporting the foot of the person thereon;
  - ~~the foot bed having an internal height which is suitably sized for comfortably receiving therein both the insole and the foot of the person supported on the insole~~
  - the internal height of the internal foot bed being at least 2 inches at the metatarsal region and being arranged such that:
    - a ratio of the internal height of the internal foot bed at the metatarsal region to a length of the internal foot bed is at least 0.2; and
    - a ratio of the internal height of the internal foot bed at the metatarsal region to a width of the internal foot bed at the metatarsal region is at least 0.55.
2. (original)      The article of footwear according to Claim 1 wherein the insole is selectively separable from the outsole for replacement thereof.
3. (original)      The article of footwear according to Claim 1 wherein thickness of the insole at the metatarsal region and at a centre of a heel region are substantially identical.
4. (presently amended)      The article of footwear according to Claim 3 wherein thickness at an arch of the insole is ~~plural-times~~ at least two times greater than

thickness at the heel region.

5. (cancelled)

6. (cancelled)

7. (cancelled)

8. (cancelled)

9. (original) The article of footwear according to Claim 1 wherein the insole comprises an insole body and at least one insert arranged to be received within the insole body and having a durometer which varies from durometer of the insole body.

10. (original) The article of footwear according to Claim 9 wherein said at least one insert includes a metatarsal insert which is located at a metatarsal region of the insole.

11. (presently amended) The article of footwear according to Claim 10 wherein the metatarsal insert is ~~substantially equal in hardness or~~ stiffer than the insole body.

12. (original) The article of footwear according to Claim 9 wherein said at least one insert includes a heel and arch insert which spans a heel region and an arch region of the insole.

13. (original) The article of footwear according to Claim 12 wherein the heel and arch insert is less stiff than the insole body.

14. (original) The article of footwear according to Claim 1 wherein the insole comprises an insole body, having a hardness measured on the Ashore hardness scale between 15 and 20, receiving a metatarsal insert, having a hardness measured on the Ashore hardness scale between 15 and 34, at a metatarsal region of the insole and a heel and arch insert, having a hardness measured on the Ashore hardness scale between 8 and 25, spanning a heel region and an arch region of the insole, the insole having a minimum thickness of 3/8 inch throughout.

15. (original) The article of footwear according to Claim 1 wherein the insole

is raised upwardly on opposing sides at a metatarsal region thereof.

16. (original) The article of footwear according to Claim 1 wherein the insole has an average thickness between  $\frac{3}{8}$  of an inch and  $\frac{3}{4}$  of an inch.

17. (original) The article of footwear according to Claim 1 wherein the insole has a minimum thickness of approximately  $\frac{1}{2}$  inch.

18. (cancelled)

19. (cancelled)

20. (cancelled)

21. (cancelled)

22. (cancelled)

23. (cancelled)

24. (cancelled)

25. (new) The article of footwear according to Claim 1 wherein the internal height of the internal foot bed corresponds to a height of a shoe last about which the article of footwear is formed.

26. (new) An article of footwear comprising:

an outsole for engaging the ground;

an insole; and

a shoe body supported on the outsole, including an internal foot bed comprising a space with an internal height arranged to receive both the insole and a foot of a person therein;

the insole having a depth which is at least  $\frac{3}{8}$  inch at a metatarsal region thereof and being received in the internal foot bed so as to be arranged for supporting the foot of the person thereon;

the insole comprising an insole body and at least one insert arranged to be received within the insole body and having a durometer which varies from durometer of the

insole body;

said at least one insert includes a heel and arch insert comprising a heel portion which spans a heel region and an arch portion formed integrally with the heel portion and which spans an arch region of the insole.

27. (new) The article of footwear according to Claim 26 wherein the heel and arch insert is less stiff than the insole body.

28. (new) The article of footwear according to Claim 26 wherein the arch portion is at least two times thicker than the heel portion such that a thickness of the insole at the arch region is at least two times greater than a thickness of the insole at the heel region.

29. (new) The article of footwear according to Claim 26 wherein the heel portion comprises a recess arranged to suspend a central portion of a heel of the person therein, a portion of the insole body spanning the recess in the heel portion.

30. (new) The article of footwear according to Claim 26 wherein the arch portion is formed continuously with the heel portion of a single piece of molded material.

31. (new) The article of footwear according to Claim 26 wherein the heel portion is generally U-shaped about a recess arranged to suspend a central portion of a heel of the person therein, the arch portion being formed continuously with one leg of the U-shaped heel portion.